August 26,2023

**“If It Doesn’t Challenge You, It Doesn’t Change You”**

**What is this???** Good question. The answer is . . . a day that you will attempt to accomplish a physical challenge that today, you might think is impossible.

**What “Physical Challenge”?** For everyone with MS, it will be different. For some, it might be to ride a bike 5 miles, to walk 100 steps, or to swim 5 minutes, etc. YOUR choice, YOUR challenge. And YES, you can have multiple challenges.

**How will this work?** The first step is to set your goal(s). Before you do, think and dream about what you would like to accomplish. Talk to friends. Seek out advice. Then go for it and tell us what it is in the space below. Make it doable, but challenging. One added comment. As you pursue your goal over the weeks and months ahead, at any point, your goal can be adjusted.

Then, the work begins. We will help you find whatever resources possible to help you on your journey. We will also create a procedure to help you track your progress.

**The DAY OF ENDURANCE event**. On this day, it will happen. Based on the goals people have set, we will choose a location, set times, amass some volunteers, hire a marching band . . . or not, and celebrate your accomplishments.

**SET YOUR GOAL(S)**

**Your Name** Click or tap here to enter text.

1. Activity Click or tap here to enter text.

Current (Time, distance, reps, etc.) Click or tap here to enter text. Goal Click or tap here to enter text.

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*(Return to MS Gym or email to JerryHuhn73@gmail.com)*